Living Kitchen

Living Kitchen Cooks Grocery List
Week 20, September 14th

Staple Pantry Items:
Always check to make sure you have these in stock before you shop. We'll use these items pretty regularly and you'll see them show up in recipes often.

Extra virgin olive oil
Coconut oil
Toasted sesame oil
Avocado oil (you can sub extra virgin olive oil instead)
Sea salt
Pepper
Tamari (or soy sauce or coconut aminos)
Apple cider vinegar
Rice vinegar
Maple syrup
Honey
Dijon mustard
Baking powder
Baking soda
Parchment paper (if you like to use)

Week 20 Produce:
Produce:
1 large bunch broccoli
Plus 1 crown broccoli
3 inches ginger
5 cloves garlic
1 small yellow onion
⅔ cup beet (get pre-cooked if you prefer)
1 lemon
4 cups green cabbage OR brussels sprouts
1 zucchini
7 carrots
¼ cup green peas (frozen or fresh)
1 medium kabocha squash (or sub butternut squash)
4 oz brown cremini mushrooms or shiitake mushrooms
2 Persian/mini cucumbers

2 radishes
4 small handfuls baby spinach or mixed greens (or any lettuce)
1 avocado
1 ½ cups strawberries (fresh or frozen)
6 cherries (optional for Strawberry Popsicles)

Week 20 Omnivore Protein Options:
4 eggs
1 lb chicken breast, boneless/skinless
½ cup hummus

Week 20 Vegetarian Protein Options:
4 eggs
1 block tofu
½ cup hummus

Week 20 Pantry:
⅓ cup tahini
4 servings rice vermicelli noodles (or sub zucchini noodles)
1 ½ cups vegetable broth or chicken broth (bouillon cube is fine)
2 cans coconut milk
1 cup quinoa
4 gluten free wraps (or wraps of choice)
½ cup water or oil packed artichokes (or sub sundried tomatoes, olives, pickles, sauerkraut)

Week 20 Dairy:

Week 20 Baking:

Week 20 Spices:
Garlic powder
Curry powder
Ground turmeric
Ground cinnamon
Za’atar (optional)
Sumac (optional)
Nigella seeds (optional)